

Policy — 8231

Non-Instructional Operations

School Wellness Policy

The McCall-Donnelly School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of the McCall-Donnelly School District that:

- The school district will engage students, parents, teachers, food services professionals, health professionals, and other interested community members in development, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs and with related community services.

I. School Health Advisory Committee

The McCall-Donnelly School District Board of Trustees shall appoint a School Health Advisory Committee (SHAC). Members of the SHAC Committee should include representatives from; administration, school foodservice, school board, parents, students and the public. Other suggested members include school nurse, counselor, health and physical education directors, student services coordinator, athletic directors, teachers (health, family and consumer science, physical education), etc.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast programs will:

- **Be appealing and attractive to children;**
- **Be served in clean and pleasant settings;**
- **Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;**
- **Offer a variety of fruits and vegetable;**
- **Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives as defined by the USDA; and**
- **Ensure that half of the served grains are whole grain.**

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. The District will share information about the nutritional content of meals with parents and students. Such information could be made available on menus and the District's website.

Breakfast

To ensure that all children have breakfast, either at home or at school, and to meet their nutritional needs and enhance their ability to learn:

- **Schools will, to the extent possible, operate the School Breakfast Program.**
- **Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.**
- **Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.**
- **Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.**

Free and Reduced Price Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced price school meals.

Meal Times and Scheduling

Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities. Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools.

Sharing of Foods and Beverages

Schools should discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

III. Foods and Beverages Sold Individually

This section shall address those foods sold outside of reimbursable school meals such as through vending machines, cafeteria a-la-carte lines, fundraisers, school stores, etc.

When beverages are sold individually outside of reimbursable school meals, it is encouraged that those beverages include, but not be limited to, fruit and vegetable juice, milk or flavored milk, or water.

When foods are sold individually outside of reimbursable meals, it is encouraged that those foods include snacks that meet the recommended criteria for healthy snack foods as shown in Appendix A.

Elementary Schools

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary school should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables as shown in Appendix A.

Middle/Junior High and High Schools

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable meal programs (including those sold through a-la-carte lines, vending

machines, student stores, or fundraising activities) may not be sold within the cafeteria or school nutrition serving area thirty minutes before or during the breakfast or lunch serving periods unless the foods sold meet or exceed the recommended criteria for healthy snack foods as shown in Appendix A. If foods and beverages are sold individually outside the reimbursable meal program, it is encouraged that the beverages include fruit and vegetable juice, milk or flavored milk, or water; and that the foods include at least 75% of snacks that meet the recommended criteria for healthy snack foods as shown in Appendix A.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities involving food or beverages will be encouraged to utilize foods that meet the criteria for healthy snack food and beverages sold individually as shown on Appendix B.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of schools meals, children's nutritional needs, children's ages, and other circumstances.

Rewards

Schools should not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior.

School-Sponsored Events

School-sponsored events are such as, but not limited to, athletic events, dances, or performances.

When foods and beverages are offered or sold at school-sponsored events outside the school day, every effort will be made to include those foods and beverages that meet the criteria for healthy snacks and beverages as shown in Appendix A and Appendix C.

IV. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

McCall-Donnelly School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Therefore, it is the policy of the McCall-Donnelly School District that:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.

Communication with Parents

The district/school will support parent's efforts to provide a healthy diet and daily

physical activity for their children. The district/school will provide nutrition information and post nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebration/parties and fund raising activities.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Staff Wellness

McCall-Donnelly School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district's Insurance Committee promotes staff health and wellness by promoting healthy eating, physical activity, and staff involvement in wellness programs.

V. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E) K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive instruction in physical education. Elementary students, grades K-6 will receive instruction in physical education. Students in grades 7-8 will receive one semester of physical education. Students in grades 9-12 will receive one year of physical education.

Daily Recess

All elementary students will have supervised recess periods during which they are encouraged to participate in moderate to vigorous physical activity.

Physical Activity Opportunities Before and After School

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The high school and junior high will offer interscholastic sports programs. A wide range of activities will be offered that meet the needs, interests, and abilities of all students.

After school programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

VI. Monitoring and Policy Review

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in her/her school. School food service staff will ensure compliance with nutrition policies within school food service areas.

Policy History

Adoption Date:	First Reading:	June 2006
	Second Reading:	July 2006

Appendix A

Healthy Snack List

To meet the criteria, snack items can not exceed a:
Maximum of 3 g fat per 100 calories; Maximum of 600 mg sodium
AND must have at least 12 g of complex carbohydrates per serving

Item	Serving Size (weight)	Grams fat per 100 kcal	Kcal	Sodium (mg)	Complex Carb
Advantage Edge Bar	57 g	2.25 g	220	210	12
Austin Zoo Animal Crackers	30 g	1.5 g	130	95	18
Baked Lays KC Masterpiece BBQ Potato Crisps	1 oz	2.5 g	120	210	20
Baked Lays Original Potato Chips	28 g	1.4 g	110	150	21
Baked Lays Sour Cream & Onion Potato Chips	28 g	2.5 g	120	210	18
Baked Nacho Cheese Doritos	28 g	2.5 g	120	220	20
Barnum's Animal Crackers	30 g	3 g	130	150	16
Bottled Water	8 fl oz	0 g	0	0	0
Chex Mix (ALL FLAVORS)	30 g	3 g	130	410	30
Cliff Bar	68 g	2 g	230	140	25
Columbo Yogurt Cherry Vanilla Light Fat Free	8 oz	0 g	120	110	6
Del Monte Canned Fruit	124 g	0 g	60	10	1
Del Monte Lite Diced Peaches in Extra Light Syrup	4 oz	0 g	50	10	1
Del Monte Lite Mixed Fruit	4 oz	0 g	50	10	17
Dole Fruit Bowl, Pineapple	113 g	0 g	60	10	2
Famous Amos Gingersnaps	24 g	1 g	100	95	12.5
Fig Newtons	57 g	2 g	200	200	22
General Mills Cheerios Cereal	1 oz	1.8 g	110	280	18
Keebler Animal Cookies	56 g	3.1 g	260	290	28
Keebler Chocolate Graham Crackers	31 g	2.9 g	140	105	15
Keebler Cinnamon Graham Crackers	30 g	2.3 g	130	140	14
Keebler Fat Free Zesta	16 g	0 g	80	250	12
Keebler Honey Graham Crackers	31 g	2.9 g	140	140	16
Keebler Iced Animal Crackers	32 g	2.3 g	130	110	18
Keebler Original Graham Crackers	29 g	2.7 g	130	150	16
Keebler Reduced Fat Wheatables	31 g	2.9 g	130	140	14
Kellogg's All-Bran Cereal Original	1.1 oz	1.3 g	80	80	17
Kellogg's Corn Flakes	21 g	0 g	80	150	22
Kellogg's Low Fat Granola Cereal	49 g	1.6 g	190	120	25
Kellogg's Mini Shredded Wheat Cereal Frosted	51 g	0.6 g	180	5	31
Kellogg's Puffed Wheat Cereal	11 g	0 g	40	0	11
Kellogg's Raisin Bran	2.1 oz	0.8 g	190	350	26
Kellogg's Rice Krispies Cereal	33 g	0 g	120	320	26
Kellogg's Special K	21 g	0 g	70	150	12
Lance Saltine Crackers	11 g	3 g	50	105	10
Luna Bars (All flavors except Orange Bliss & Key Lime Pie)	48 g	1.4-2.5 g	180	50-190	12
Nabisco Original Premium Saltine Crackers	18 g	2.9 g	84	264	11

Nabisco Teddy Graham Cookie Cinnamon	30 g	3.1 g	130	150	18
Item	Serving Size (weight)	Grams fat per 100 kcal	Kcal	Sodium (mg)	Complex Carb
Nature Valley Granola Bars	42 g	3.3 g	180	160	18
Nature Valley Trail Mix Bars – Fruit & Nut	35 g	2.9 g	140	95	12
Nutri-Grain Bars (ALL FLAVORS)	37 g	2.1 g	140	110	13
Orville Redenbacher Smart Pop	38 g	1.8 g	110	360	26
Pop Secret 94% Fat Free Popcorn	39 g	1.8 g	110	380	26
Power Bar – Chocolate	65 g	0.9 g	230	75	29
Power Bar – Harvest	65 g	1.7 g	240	80	27
Power Bar – Peanut Butter	65 g	1.5 g	240	120	19
Pretzels (GENERIC)	30 g	0.4 g	120	40	23
Pretzel Sticks (GENERIC)	30 g	0.8 g	120	400	23
Pringles – Fat Free	28 g	0.9 g	70	160	15
Quaker Chewy Bars (ALL FLAVORS)	56 g	3.3 g	120	70	11
Quaker Oatmeal Express	54 g	1.25 g	200	320	24
Raisins	43 g	0 g	140	10	3
Rice Krispies Treats	37 g	2.2 g	160	170	10
Rold Gold Classic Tiny Twists Pretzels	1 oz	0.9 g	110	420	23
Ruffles Wow! Potato Chips (ALL FLAVORS)	28 g	0 g	70	200-230	17
Sunsweet Prunes	40 g	0 g	90	5	21
Teddy Graham Cinnamon Crackers	30 g	3.1 g	130	150	18
Thomas English Muffin Original	57 g	0.8 g	120	200	24
Tostitos Baked Tortilla Chips	28 g	0.9 g	110	200	24
Welch's Grape Juice	10 oz	0 g	170	25	2
Welch's Grapefruit Juice 100%	10 oz	0 g	130	25	3
Yoplait Yogurt (ALL FLAVORS)	6 oz	0-1.6 g	100-190	85-95	6
Nutty Banana Gourmet Muffin	1.8 oz	3.2 g	140	180	12
Blueberry Gourmet Muffin	1.8 oz	2.7 g	130	190	13
Apple Cinnamon Gourmet Muffin	1.8 oz	2.35 g	140	200	13
Cranberry Crush Gourmet Muffin	1.8 oz	2.7 g	130	180	13
Orange Cranberry Gourmet Muffin	1.8 oz	2.7 g	130	170	12
Cherry Chip Gourmet Muffin	1.8 oz	2.88 g	150	160	13
Bran Gourmet Muffin	1.8 oz	3 g	130	300	12
Orange Gourmet Muffin	1.8 oz	2.88 g	140	190	13
Low Fat Chocolate Chip Muffin	1.8 oz	1.54 g	130	70	15
Breadable – Apple Cinnamon	2 oz	2.9 g	170	240	15
Kellogg's Peaches & Cream Yogurt Nutri-Grain Bar	1 bar	2.1 g	140	110	12
Kellogg's Strawberry Yogurt Nutri-Grain Bar	1 oz	2.1 g	140	110	13
Sugar Cookie – 2 pack	1.5 oz	1.8 g	280	190	14
Lemon Cookie – 2 pack	1.5 oz	2.1 g		122	10
Snickerdoodle Cookie – 2 pack	1.5 oz	1.8 g	280	190	14
Oatmeal Raisin Cookie – 2 pack	1.5 oz	1.8 g	280	180	12
Chocolate Chip Cookie – 2 pack	1.5 oz	2.1 g		170	10
Fudge Brownie Cookie – 2 pack	1.5 oz	2.1 g		170	10
Mini Pretzel Packets	.75 oz	0-1 g		292	16
Fruit & Grain Bar – Raspberry	1.3 oz	2.2 g	140	65	14

Fruit & Grain Bar – Strawberry	1.3 oz	2.2 g	140	65	14
Item	Serving Size (weight)	Grams fat per 100 kcal	Kcal	Sodium (mg)	Complex Carb
Fruit & Grain Bar – Blueberry	1.3 oz	2.2 g	140	65	14
Fruit & Grain Bar – Apple	1.3 oz	2.5 g	140	50	14
J & J Jungle Crackers	1 oz	2.5 g	120	55	15
Austin Zoo Animal Cookie	1 oz	1.5 g	130	90	18
Animal Cookie – Cinnamon/Sugar	.9 oz	1.1 g	92	92	12
Animal Cookie – Chocolate	1 oz	2.5 g	121	159	14
Animal Cookie – Iced Pink & White	.9 oz	2.5 g	99	50	14
Animal Cookie – Plain	1 oz	1.4 g	110	95	16
Carnival Crunch	.75 oz	1.9 g	80	180	13
Giant Chocolate Goldfish Grahams	.9 oz	1.2 g	120	300	15
Pretzel Goldfish	.75 oz	2.9 g	80	105	13
Super Pretzel Softstix (2 stix/serving)	.75 oz	2.5 g	90	260	22
Super Pretzel Bites (3 bites/serving)	.75 oz	0 g	100	70	19
Tools for Schools Mini Pretzels	.75 oz	1 g	85	292	13
Chocolate Chip Power Alley Bar	1.8 oz	2 g	200	55	20

Appendix B

Healthy Fundraising Ideas

At School Events ... instead of candy – Sell:

- Fresh Fruit
- Milk or flavored milk
- Nuts
- Popcorn
- String Cheese
- Trail Mixes
- Baked Potatoes (w/broccoli and cheese or chili)
- Low-fat Chili
- Fruit and Yogurt Parfaits
- Low-fat Sandwiches or Wraps
- Fresh Salads

If you must sell candy, use price strategies for health i.e. candy - \$1.00, apple - 35 cents

Fundraising:

- Talent Shows/School Plays
- Fun Runs
- Walk / Bike / Dance / Bowl / Jump-rope / Kick a thons
- Car Washes
- Dances (traditional, father/daughter)
- Golf Tournament
- Carnivals/Festivals
- Sports Camps for younger children
- Craft Sales
- Healthy Dinner
- Auctions

Got Team Spirit? Sell:

- Apparel
- Spirit/Booster Badges
- Decals, Bumper Stickers
- Mugs, Souvenir Cups
- School Cookbooks
- School Calendars
- Key Chains
- Stadium Blankets/Pillows
- Pens, Pencils, Erasers

Other Fundraising Ideas:

- Pizza Kits
- Fresh Fruit Baskets
- Tupperware
- Greeting Cards
- Valentines/Telegrams
- Stationary
- Gift Wrap, Ribbons
- Baskets
- Lotions, Soaps
- Picture Frames
- Magazine Subscriptions
- Flowers, Plants, Bulbs
- Holiday Wreaths
- Ornaments
- Coupon Books
- Balloons
- Jewelry
- CDs/DVDs
- Garage Sales
- Services (lawn care, house cleaning, salon)
- Books
- Candles

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Appendix C

Healthy School Parties

Students are taught in the classrooms about good nutrition and the value of healthy food choices. However, many times foods served in the classroom, in the case of a class party, are low in nutrients and high in calories. This sends a mixed message – that good nutrition is just an academic exercise that is not important to their health or education. To send the right message, administrators, parents, teachers and students need to promote healthy lifestyle principles, replacing unhealthy food offerings with healthy ones. It is encouraged that parties be held after the lunch period. Below are some suggestions for healthier party treats.

- Milk / flavored Milk
- 100% Juice
- Water / flavored Water (calorie free)
- Fresh Fruit assortment
- Fruit and Cheese Kabobs
- 100% Fruit Snacks
- Vegetable Trays
- String Cheese/ Cheese Cubes
- Pretzels
- Low-fat Popcorn
- Graham Crackers
- Vanilla Wafers
- Animal Crackers
- Angel Food Cake
- Pizza with low fat toppings
- Apples with fat-free caramel dip
- Pizza Dippers (pizza toppings and bread on skewer with marinara dip)
- Wraps or Sandwiches – turkey, roast beef, ham, tuna, tofu, veggie, or chicken salad
- Instant Pudding made with milk
- Yogurt Parfaits (yogurt, berries, granola, layered)
- Yogurt Smoothies
- Yogurt in a Tube (try frozen)
- Quesadillas with salsa
- Low-fat Breakfast or Granola Bars
- Trail / Cereal Mixes
- Peanut Butter with Apples or Celery
- Crackers with Cheese